

# Claims

- [c1] A training aid comprising a figure that comprises
- (A) an inflatable three-dimensional headless body having
    - (1) a torso;
    - (2) legs terminating in feet, where said feet are fillable with a liquid or a solid particulate material;
    - and
    - (3) arms;
  - (B) an inflatable three-dimensional head; and
  - (C) means for removably attaching said head to the top of said torso, whereby said figure is self-supporting.
- [c2] A training aid according to Claim 1 wherein said head is attachable to said torso by means of a first patch fixed to the base of said head and a second patch fixed to the top of said torso, where one patch comprises a multiplicity of exposed hooks and the other patch comprises an exposed fabric to which said hooks attach.
- [c3] A training aid according to Claim 1 wherein said head can be attached turned in any direction relative to said

torso.

- [c4] A training aid according to Claim 1 wherein said torso has at least two chambers that are independently inflatable.
- [c5] A training aid according to Claim 1 wherein said legs are part of an independently inflatable chamber.
- [c6] A training aid according to Claim 1 wherein said feet are filled with sand.
- [c7] A training aid according to Claim 1 wherein said feet are filled with water.
- [c8] A training aid according to Claim 1 wherein said figure is about 5 1/2 to about 6 1/2 feet high.
- [c9] A training aid according to Claim 1 wherein said figure is about 4 to about 5 feet high.
- [c10] A training aid according to Claim 1 wherein said head has a face printed thereon.
- [c11] A training aid according to Claim 1 wherein said body has a uniform printed thereon.
- [c12] A training aid according to Claim 1 wherein said figure is made of flexible plastic sheeting.

[c13] A training aid according to Claim 12 wherein said plastic sheeting is polyethylene.

[c14] A training aid according to Claim 1 wherein the bottom of said feet is flat, whereby said training aid cannot be rocked back and forth.

[c15] A training aid according to Claim 1 wherein said figure is holding a bat.

[c16] A training aid according to Claim 1 wherein said figure is wearing a cap on said head.

[c17] A baseball or softball training aid comprising a figure of a baseball or softball batter that comprises

(A) an inflatable three-dimensional headless body having a uniform printed thereon, which comprises

(1) a torso;

(2) legs terminating in feet, where said feet are fillable with a liquid or a solid particulate material;

and

(3) arms holding a bat;

(B) an inflatable three-dimensional head having a face printed thereon; and

(C) means for removably attaching said head to said body, whereby said figure is self-supporting.

[c18] A baseball or softball training aid according to Claim 1 wherein said body comprises at least two independently inflatable chambers.

[c19] A baseball or softball training aid according to Claim 17 wherein said legs are part of an independently inflatable chamber.

[c20] A baseball or softball training aid comprising a figure of a baseball or softball batter that comprises

- (A) an inflatable three-dimensional headless body having a uniform printed thereon, said body comprising
  - (1) an independently inflatable upper body;
  - (2) an independently inflatable lower body that includes two legs;
  - (3) two independently inflatable feet, one at the end of each of said legs, where each foot is fillable with water or sand; and
  - (4) an independently inflatable pair of arms holding a bat;
- (B) an inflatable three-dimensional head having a face printed thereon; and
- (C) a patch of fabric and a patch of small, exposed hooks attachable to said patch of fabric, where one patch is fixed to the top of said inflatable upper body

and the other patch is fixed to the bottom of said head, whereby said figure is self-supporting.